

Relax, close your eyes.

You find yourself in an empty field at night the grass feels good underneath your feet.

You look up in the night sky and thousands of stars are blazing brightly.

The light from the stars is so bright that it feels like a light rain on your skin.

The light from the stars connects with the crown chakra on the top of your head.

Soon you are filled with the light of the stars. Your entire body is filled with the light of the stars.

You look down at your feet and notice that you are standing at the top of a set of wide, safe stairs.

As you walk down the ten, wide safe stairs, you become deeper and deeper relaxed.

Step 1, deeper relaxed..... step 2, step 3, step 4, step 5 deeper relaxed. Step 6, step 7, step 8 deeper, deeper relaxed, step 9 and step 10.

at the bottom of the steps you meet a guide. The guide leads you to a tunnel, a round, wide, well lit, safe tunnel.

As you and the guide enter the tunnel you notice that the walls are red.... as you make your way down the tunnel, the color of the walls becomes orange..... walking along, soon the walls become yellow.. further along the walls become green.... and soon the walls become blue. In a short while, the walls of the tunnel become purple and.. then violet..... As you exit the wide safe tunnel, you enter the void. Where all energies exist before they become manifest. The void is like the clear midnight sky, without stars.

Here your guide takes you to the Reiki Symbol Chokurei. As you stand in front of the energy of Chokurei, notice how the raw energy of the symbol makes you feel..... now step into the symbol. Allow yourself to absorb, and to be absorbed by the power and energy of the symbol..... Stay here for two minutes and let the symbol speak to you, directly into your mind, directly into your knowing. Know how this symbol wants to help humanity... stay here for two minutes....

now that it is time to return, step back out of the symbol... thank the energy of Chokurei for the direct knowledge of its purpose and uses.... rejoin your guide and return to the violet tunnel opening.

As you walk back through the tunnel, the walls become blue... then green.... then yellow.... then orange... and finally red. You and your guide exit the tunnel and you thank your guide and turn to the 10 wide safe steps. Coming back up the wide, safe steps, each step brings you back to your waking reality... step 1, step 2, step 3, step 4 step 5, more alive, step six, step 7, step 8.. feeling great, step 9 and finally, step 10 back in your body feeling strong and refreshed and back in this room.....